

believe in it, I'll just continue to "starve" without really getting any ahead with my work. I need to separate those two. Motivation comes from within myself and not from the balance on my bank account. Only I can give value to my life's work.

I thought of something A. had said to me, never to think that I deserve anything. At the time I was shocked he'd say that. I'd just said that I expected my friends to do a birthday dinner for me since I was a birthday girl and I deserved it. And he said never to think I deserve anything. In a way I see his point, which I understand to be 'don't think you deserve anything, go out and claim it'. Because simply thinking I deserve something is passive, it causes me to sit back and wait for it to come to me. However, using that sense of entitlement as a force to drive me to go out and claim what I feel I deserve, that is the right mind-set. I can only assume that by telling me never to think I deserve anything, he was trying to tell me that I need to go and get for myself and not wait for others to do for me. I have no way of confirming this, of course. At least I don't think I do. Anyway, this is the way I understand this. Well, it has very little to do with him and more to do with the concept itself, and how I need to understand it. Which brings me back to the point of motivation, in order to feel that I deserve success, I need to believe in the value of my work to the point that I am convinced that it "deserves". Deserves effort, deserves honesty, deserves recognition, and deserves to be heard.

I'm very good in the 'sense of entitlement' department ("I deserve") but have a long way to go in the 'sense of confidence' department ("I value"), where I can speak with a full mouth why I have a need to do what I am doing and why I have a need to be heard.

To go from being passive to being active.

Lack of inhibition – how much of this is a good dose to have? I wouldn't advocate too much of it...

I am really enjoying this electronic journaling. The transfer of thoughts flows much more smoothly. I don't think I could write this much down if I had been doing it by hand. Then I wonder if I am being a little indulgent too...

I just realized, I stop journaling when I am in a relationship!! I resume journaling at the end of the relationship. Usually that is when I realize all that was wrong during the relationship. I never journaled when I was with R., I stopped journaling for three years, part of which was the time I was with C. And I had been journaling up until the point I started seeing A. Then as soon as the relationship starts, I stop. When it ends, I go back to it. The only time I didn't go back to it was after it ended with C. But then again, seeing that that was a "special" kind of relationship, I am not surprised. I'm still figuring out what the *hell* that was.

I can't help but think that this abandoning of journaling as soon as I am coupled with a man is a form of abandoning myself. Somehow thinking, in the recesses of my mind, that I am now with someone so I don't need myself, don't need to be with myself, don't need my own individuality. I am both too preoccupied with the relationship to bother paying any attention to myself (i.e. write in my journal), and also feel too guilty to write about things as they are happening. It almost feels unfaithful. This is problematic. What is it about taking time for myself, private time for myself, while in a relationship, that makes it a guilty act?

I came to this by way of wondering if I would have had the courage (clarity of mind?) to end this last relationship in time if I had been journaling while it was going on. I wonder if I wrote down the warning signs as I had them, thereby making them clearer for myself, if I'd have been able to act quickly.

I suspect that it would have been so.

Very interesting...

My journaling pattern has changed a lot. From reading my old entries versus my more recent ones, I sense a growing sense of honesty and maturity in the voice.